



SUPERIOR CATF

212517 - Catfish Shank Deep Skinned 5 7 Oz S/O

We take a fillet and take another layer of skin and membrane off to create a quality that is the best of the best.



*** Benefits**

Nutrition Facts

Servings per Container	80
Serving size	3.5oz
Amount per serving	
Calories	110
<i>% Daily Value*</i>	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 47mg	16%
Sodium 234mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugar	%
Protein 15g	
Vitamin D 12.5mcg	63%
Calcium 10mg	1%
Iron 0.2mg	1%
Potassium 300mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Catfish, Water, Sodium Tripolyphosphate, Salt, Sodium Hexametaphosphate, Citric Acid

Allergens

Contains:



Free From:



Handling Suggestions

Store in freezer between -10 degrees to 15 degrees Fahrenheit. For best thawing, thaw in cooler 36 hours prior to using.

Serving Suggestions

8 ounces of product will feed one adult.

Prep & Cooking Suggestions

For frying, oil must be at 350 degrees Fahrenheit and cooked for a minimum of 5 minutes. For other cooking methods make sure internal meat temperature reaches 160 degrees or meat is easily flaked.

Product Specifications

Brand	Manufacturer	Product Category
SUPERIOR CATF	SUPERIOR CATFISH	Fish, Value Added & Further Processed

MFG #	SPC #	GTIN	Pack	Pack Desc.
3231	212517	00811838020333	1	1/15#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
17lb	15lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10.5in	9in	5in	0.27ft3	5x5	365DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	6g	Sodium	234mg
Protein	15	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	0g	Saturated Fat	1.5g	Iron	0.2mg
Sugars	0g	Added Sugars		Potassium	300mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	47mg		
Vitamin A(U)	0	Vitamin D	12.5mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

